

Spiritual Disciplines

Discussion Questions: Silence & Solitude

- 1.) How would you rate the level of exterior noise in your life (from your job, family, etc.)? How about your internal noise (distractions, anxieties, etc.)? What are the primary sources of each type of noise in your life?
- 2.) When you consider taking a time of silence and solitude, what thoughts do you have? Any fears or objections? Any sense of curiosity or longing?
- 3.) In times of silence and/or solitude that you've had, how have you sensed or noticed God's presence?
- 4.) What practical barriers keep you from following Jesus' example to retreat to silence and solitude? How can you intentionally overcome those barriers?
- 5.) What questions do you have about silence and solitude and how to make these disciplines a part of your rhythm of life?